

## Ultimate Warrior Distance Learning Program

The Army Ultimate Warrior Website provides online consultation with a healthcare provider that is synchronous, real time...LIVE! There is no need to travel to meet your health promotion needs when seeking access to a Registered Dietitian, a Psychologist or a Certified Fitness Instructor. Our highly credentialed providers are motivating, supportive and some are even award winning champion body builders.

The **Weigh to Stay** program is a part of this website and has been proven an effective method of shedding pounds sensibly. This program has been most successful in effecting a positive behavior change that has contributed to lasting weight loss, and improved health and performance.

The two communities that you can currently register for are the "**Weigh to Stay**" community for losing or managing your body weight and the "**HOOAH Bodies**" community for consultation on dietary supplements, body building, endurance training and sports nutrition. These communities are available for Active Duty, their family members, retirees and DOD civilians. All you need is an Army Knowledge Online (AKO) account (or guest account), a high speed internet service, and a dedicated telephone line to join. Registration is required separately for each community. Whether you are trying to lose weight or build muscle, join our communities for expert group consultation. Army transformation begins at home, with your body. Stay healthy, stay fit...Army Strong!

The Ultimate Warrior Website can be found on the AKO My Medical page. The link is the last item listed under My Medical.